



# VT MUNCH TIMES

**Coming to a Tray near You!**

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*VT Munch Times is a biweekly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include a USDA Policy update, a fun nutrition fact and up-to-date resources for the coming weeks. Look for these updates every other Thursday!*

## **Munch on this:**

### **Policy Update: On-Site Monitoring: Before Feb 1<sup>st</sup>**

Don't forget to complete On-Site Monitoring...

SFA's that have more than one site, and those that contract with a food service management company (whether or not there are more than one site), must conduct and document an on-site monitoring of the meal count system. The on-site monitoring must be completed by February 1 each year. This form allows schools to document compliance with this requirement: [http://education.vermont.gov/documents/EDU-Child\\_Nutrition\\_Onsite\\_Monitoring\\_Form.pdf](http://education.vermont.gov/documents/EDU-Child_Nutrition_Onsite_Monitoring_Form.pdf)

### **Nutrition News: Brussels Sprouts**

A cruciferous vegetable, hearty Brussels sprouts can make it through a frosty fall, and they contain many vitamins and minerals that support health, including vitamins A, C, and K. Another class of compounds found in cruciferous vegetables, Isothiocyanates, is now being studied for its effects on cancer prevention. Brussels sprouts classify as an Other Vegetable in the National School Lunch Program, and can be quite tasty when roasted!

## **Resources:**

### **Save the Date! USDA Foods Vendor Show & Further Processing Training**

**When:** Thursday January 23, 2014 Training: 1:00-3:00 Show: 3:00-5:00

**Where:** Capital Plaza in Montpelier, VT

Vermont, New England, and National manufacturers show what end products you could turn your USDA Foods into through further processing.

Both the training and food show are FREE and open to all Vermont school food service professionals and school food service administrators. Look for sign-up info coming later this month!

More info: Rosie Krueger at [mary.krueger@state.vt.us](mailto:mary.krueger@state.vt.us) or 802-828-5931

### **Free, fun, garden-themed graphics by Team Nutrition**

Promote fruits and vegetables on your school menus!

Available here <http://teamnutrition.usda.gov/graphics.html> for download.

### **Food Allergies Resource and Guidance**

The CDC published a comprehensive manual on “Voluntary Guidelines to Manage Food Allergies in Schools and Early Childhood Care and Education Programs” and can be found at

<http://www.cdc.gov/healthyyouth/foodallergies/>. It provides excellent information on procedures and practices to manage food allergies in programs that service children.

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### **Harvest of the Month by Green Mountain Farm-to-School: Kale**

Harvest of the Month provides ready-to-go materials for your classroom, cafeteria and community to promote local, seasonal foods. Each month features a different theme and November's is Kale! Kale leaves grow on a thick broccoli-like stock, but are picked off individually and sold in bunches. Kale is very cold-tolerant: it can survive frosts and snowfall. Use raw, massaged kale as the base of a salad or toss it into a soup! Posters, recipes, menu inserts and more can be found for FREE download at [VermontHarvestoftheMonth.org](http://VermontHarvestoftheMonth.org). A Kale poster is attached to the email.

### **Evaluate your Farm to School Program!**

The Farm to School Evaluation Toolkit, created by the [Colorado Farm to School Task Force](http://coloradofarmtoschool.org) and [Spark Policy Institute](http://sparkpolicyinstitute.org), is a resource to help farm to school programs of all sizes, in all states, undertake evaluation. <http://coloradofarmtoschool.org/schools/evaluation/>

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*VT Munch Times* is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Dani Bois, Child Nutrition Consultant, at (802) 828-0618 or [dani.bois@state.vt.us](mailto:dani.bois@state.vt.us).

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